



DPE STANDARD

Set The Standard...Maintain The Standard



Champions of Character



*Dr. Ralph Pim
DPE Associate Professor*

In September of 2005, the Department of Physical Education implemented the nationally recognized Champions of Character initiative into their Competitive Sports program. The Champions of Character program was created by the National Association of Intercollegiate Athletics (NAIA), and its mission is to create an environment in which every student-athlete, coach, official, and spectator

is committed to the true spirit of competition through the core values of respect, responsibility, integrity, servant leadership, and sportsmanship. Over 300 colleges and universities currently participate in the Champions of Character program.

At West Point, the program is designed to reinforce the Army Values and provide strategies on how to teach character through sport. The kick-off for the DPE Champions of Character program occurred on 2 September and was attended by the Commandant of Cadets, DPE faculty members, the Simon Center for the Professional Military Ethic staff, and club sport coaches. The guest presenters were Bruce Brown and Rob Miller. Mr. Brown is considered one of the premier national authorities on character development through sport.

Forty DPE sport educators and club coaches successfully completed the Champions of Character Coaching Certification Course in October. Mr. Miller, the NAIA Director of Champions of Character Initiatives, presented the instruction. The objective of the course was to help coaches develop strategies to promote character development during practice sessions and games. Two DPE faculty members have received their Champions of Character Instructor certification and will implement training programs for coaches, officials, and athletes in intramurals and competitive clubs next fall.

Hall of Fame Inductees

The Department is proud to announce Dr. Sue Tendency's induction into the Adelphi University Department of Intercollegiate Athletics Class of 2006 Hall of Fame. She will be honored on Thursday, April 20th, at the Ruth S. Harley University Center on its Garden City campus. Dr. Tendency, a 1970 graduate of Adelphi, was a member of the swim team as an undergraduate student. She was also the first woman to coach the women's swimming team at USMA. Congratulations to Dr. Tendency on a well deserved honor!



Dr. Sue Tendency

We would also like to recognize the April induction of Dr. George Sage, former DPE Visiting Professor, into the National Association for Sport and Physical Education (NASPE) Hall of Fame.



Building Champions of Character

Inside

Colonel's Corner	2
Former Faculty Member Selected as USMA Superintendent	2
The Passing of Dr. Lemperle	2
The New Center for Physical Development Excellence	3
Two DPE Faculty Retire	3
MAJ Wanless Deployed in Support of Operation Iraqi Freedom	4
DPE Welcomes New Faculty	4

Colonel's Corner

COL Greg Daniels

Master of the Sword

Greetings from the "Department with a Heart"! This edition features several articles providing evidence of a tremendously productive year. Our recent collaboration with the NAIA's Champions of Character program is already bearing fruit as we strengthen character development through sport participation. We continue to grow into our new Arvin home, as illustrated by winter openings of the renovated Class of '62 Room and the new Center for Physical Development Excellence. In April, in partnership with the Directorate of Cadet Activities, DPE will open a juice bar adjacent to the Arvin second floor main foyer. Before you surmise that DPE is going soft, understand that we won't serve Twinkies or Ding Dongs. The work of the DPE Curriculum Review Committee continues under the expert leadership of Dr. Angela Lumpkin. I will report the final results of their work in the fall edition of *The DPE Standard*.

Elsewhere in this newsletter you will notice that we have cause to celebrate some of our distinguished civilian faculty. Dr. Ray Wood and Mr. Ned Crossley will retire this summer after serving 64 collective years here in DPE. They leave behind tough shoes to fill, and an enduring legacy through the thousands of cadets and faculty they have touched over the past three decades. As I said to the department when I made the announcements, we are losing two Marty Maher-like legends in Ray and Ned. On May 19, the Department will conduct a joint retirement ceremony followed by a luncheon in their honor.

Additionally, we are delighted to celebrate Dr. Sue Tendency's spring induction into the Adelphi University Department of Intercollegiate Athletics Hall of Fame. Sue is yet another faculty member who has had a long-term, tremendously positive impact on cadet development, and we believe Adelphi could not have made a finer choice in recognizing her as a distinguished alumna.

You are always welcome in DPE – we really enjoy visits from our former members and friends of the Department.

Former DPE Faculty Member Selected as USMA Superintendent



LTG Franklin L. Hagenbeck

*MAJ Nick Gist
DPE Instructor*

We are pleased to highlight the selection of LTG Franklin L. Hagenbeck as the 57th Superintendent of the U.S. Military Academy. LTG Hagenbeck will replace LTG Lennox, his West Point classmate, in June. The newly

selected Superintendent is a 1971 graduate of the Academy who has led troops at every level. Most recently, he commanded the 10th Mountain Division from 2001-2003 and served as a coalition joint task force commander in support of Operations Enduring Freedom and Anaconda in Afghanistan during that time.

As many of you know, he is a former member of DPE. LTG Hagenbeck served in our Department from 1978 to 1981 after earning a master's of science degree in exercise physiology from Florida State University. He brings a wealth of combat experience to West Point. In 2001, we asked him about his assignment in DPE, and he responded that Soldiers "expect their leaders to be physically fit; to be able to run with them; march with them; lead them through every physical challenge demanded of them. And if that leader cannot do so, that leader loses credibility that can seldom if ever be regained." We look forward to his leadership.

DPE Bids a Sad Farewell to Dr. John Lemperle



Dr. John Lemperle

Dr. Sue Tendency

It is with sad hearts that we announce the death of former DPE Instructor Dr. John Lemperle, of Lou Gehrig's disease, on December 5, 2005. According to his wife Judy, John's arrival to DPE in 1968 was the beginning of a great circle of life, as former cadets came back to West Point as officers during John's 26 year tenure. In addition to his position as Director of Cadet Conditioning and Director of the Cadet

Posture Clinic, John's most notable contribution to cadet development was his 13-year volunteer work as coach and mentor of the Cadet Triathlon Team, which included Swimming, Running, and Pistol. Many cadets from this program went on to train with the US Army Pentathlon Team in Ft. Sam Houston, TX.

John's spiritual fitness was as strong as his physical fitness. He served as Lay Minister for the West Point Branch of The Church of Jesus Christ of Latter Day Saints, serving as Branch President for seven years. The last message sent by the Lemperle family to all of John's friends demonstrates how his 26 years at West Point affected his life:

"About a minute before his death, our father, as weak and frail as he was, breathed slowly while he raised his right hand to his brow and bid us a farewell salute."

Messages of condolence can be sent to the following address:

Mrs. Judy Lemperle
2789 West 1100 North
Layton, Utah 84041

The New Center for Physical Development Excellence

Dr. Matt Beekley
DPE Assistant Professor

There have been a number of changes in the Center for Physical Development Excellence (CPDE) over the past year, but perhaps the most important has been moving into our new facility. In January, we officially moved into the basement of the newly renovated Arvin Cadet Physical Development Center.

Prior to entering the lab space, the adjacent hallway contains several office spaces for the CPDE Staff. At the end of this hall is the main entrance, which includes a small reception area. From there, visitors enter a large laboratory. This room contains treadmills, cycle ergometers, instruments to measure $VO_2\text{max}$, a digital motion analysis system, and assorted storage. We can measure $VO_2\text{max}$ using a number of exercise modalities, as well as examine kinematics and kinetics of motion with this equipment.

There are a few satellite rooms located at the periphery of the lab. The room nearest the entrance contains the Bod Pod and DEXA machines, which allow us to measure body composition



A view of the CPDE lab space.

and bone density. In the far corner is a small biochemistry lab which enables us to measure metabolites and gases in blood, as well as hydration status, hormones, and measures of bone turnover. Next to the biochemistry lab is a room

which contains a Biodex machine for measuring muscle function, as well as an EMG (which measures muscle activity) and an electrical stimulator to measure the Hoffman reflex (which indicates

(Continued on page 4)

Mr. Crossley and Dr. Wood Retire

Dr. Jeff Coelho
DPE Professor

After many years of dedicated service to the United States Military Academy, the Department of Physical Education and the Corps of Cadets, Mr. Ned Crossley and Dr. Ray Wood announced plans for retirement effective 1 August 2006.

Mr. Ned Crossley, physical education faculty member since 1972, has served in a variety of positions. For over 10 years he was the Corps Squad Gymnastics Coach and Director of Fourth Class Gymnastics. Ned also served as Assistant Corps Squad Track Coach, Coach of the Cadet Mountaineering Club, and the Course Director of Ice Skating, Skiing and Rock Climbing.



Mr. Ned Crossley

Often celebrated as one of DPE's most enthusiastic and passionate teachers, Mr. Crossley has positively influenced the lives of many cadets and other faculty members.

Dr. Ray Wood has been with DPE since 1980. Ray's leadership and dedication as Director of Combatives and Self-defense has been nothing less than extraordinary. Dr. Wood also served as



Dr. Ray Wood

Director of Fourth Class Instruction, Director of Instructional Assessment, Boxing Instructor, Wellness Instructor and Coach of the Cadet Judo Club. Throughout his career, Ray has been totally devoted to teaching, cadet development and service.

It is with sadness and appreciation that we say farewell to Ned and Ray as they retire from service to the Academy. Their influence on the Academy's physical education and athletic programs will leave a lasting legacy. They will be honored with a ceremony in Arvin CPDC on 19 May 2006 beginning at 1030 followed by a lunch at 1230. If interested in attending the ceremony and lunch, contact Ms. Kim Kort at (845) 938-3401.

The CPDE is pursuing research in the area of lower extremity injuries, including risk of ACL tears and stress fractures. The current equipment in our laboratory supports this area of research. Additionally, the orthopedic physicians at Keller, in conjunction with the Physical Therapists and DPE Athletic Trainers, are interested in this area and can form strong collaborations now and in the future.

Finally, the CPDE intends to reach out to help cadets by offering VO₂max, gait analysis, body composition analysis, muscle strength and power analysis, hormone and blood analysis, and general fitness assistance. Currently, with only two members who are fully engaged as faculty, we cannot support this mission. In order to do this, we must obtain a dedicated CPDE

member for this purpose. To that end, we have had the Superintendent and Commandant visit our lab for a tour, and we are trying to obtain funding for a full time position through AOG support. This would allow us to have a full time employee dedicated to cadet outreach.

Whatever the outcome of our AOG proposal, the future for the CPDE looks bright!



MAJ Ken Wanless Deployed in Support of Operation Iraqi Freedom



MAJ Ken Wanless deployed in support of Operation Iraqi Freedom in February. Ken exhibited his selfless service when he volunteered to fill a tasking for a 12-month tour of duty in Iraq as an adviser. We look forward to his return in the spring of 2007.

DPE Welcomes New Faculty

We would like to welcome two new faculty members to the Department—CPTs Joe Gelineau and Julia Wilson

CPT Gelineau and his wife, Christy, joined us in January. Joe attended Indiana University where he earned his master's degree in Kinesiology. He is a Special Forces officer who teaches with the Aquatics Committee.

CPT Wilson attended the University of Florida before coming to DPE. Julia is a Finance officer who teaches as a member of the Military Movement Committee. She is joined by her husband, Clyde, and children, Julissa, Clyde, Jr., and Daniel.

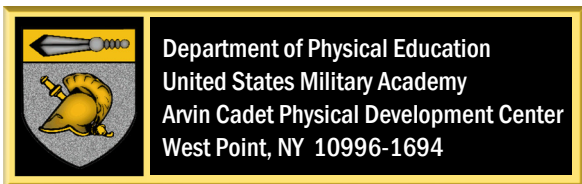
EDITOR'S NOTE: *At press time, DPE learned of Mr. Leroy Alitz' April 16th passing. The Fall Edition will include an article honoring his lasting contributions.*

 ★ ATTENTION: Future editions of
 ★ the DPE Standard will be avail-
 ★ able on the web. Please send
 ★ your e-mail address to Ms. Kim
 ★ Kort at Kim.Kort@usma.edu to
 ★ receive upcoming editions in
 ★ your Inbox.
 ★ *****

The views presented herein are those of the author and do not necessarily represent the views of the DoD or its components.

Questions and comments on the DPE Standard? Address to:

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pn1980@usma.edu



Inside: What's Happening in DPE